

Atlantic Crossroads

Vol. 12, No. 3 • January 26, 2007 | Lajes Field, Azores, Portugal | Lajes In the Fight!

65 ABW ORI 2007



Lajes Is In The Fight!

ORI Countdown

52

Days remaining
until Lajes Field's
first Operational
Readiness
Inspection

Tip of the Week

❑ An array of ORI information and resources can be found at the Lajes Intranet site at <https://info.lajes.af.mil> under the "ORI 2007" tab.

Courtesy of
65th ABW Inspections

Lajes Commissary



❑ Beginning Feb. 12, the Lajes Commissary will be closed Sundays and Mondays.

❑ The new operating hours will be from 10 a.m. to 6:30 p.m. Tuesdays through Saturdays.

Weather Forecast

Saturday

Mostly cloudy

High 63

Low 57



Courtesy of the
65th OSS Weather Flight



Together Again

Staff Sgt. John Ferren, 65th Communications Squadron, reunites with his wife, Ruby, 65th Services Squadron secretary, at Lajes' commercial airport Jan. 19 following a four-month deployment to Southwest Asia in support of Operations Enduring and Iraqi Freedom. See Page 3 for additional coverage on the return of Lajes warriors to the island. (Photo by Staff Sgt. Marcus McDonald)



PERSPECTIVE

It ain't over 'til it's really over

By Lt. Col. John Oliver
65th Services Squadron commander

A famous philosopher once said, "It ain't over, 'til it's over."

Many sports fans recognize this philosopher as the great Yogi Berra, the Hall of Fame catcher from the New York Yankees.

Yogi was known for a number of other humorous and somewhat confusing quotes such as, "It's deja-vu all over again;" "You should always go to other people's funerals. Otherwise they won't come to yours;" and "I knew I was going to take the wrong train, so I left early."

While on the surface many of these quotes appear silly, upon further consideration there is a level of profound truth in each of them.

I recently had cause to reflect on his "it ain't over, til it's over" quote based on a few challenges I've had to work.

In both situations, Airmen had just a few days remaining in their assignments to our wing when something went wrong that caused an extension to their time at Lajes.

If asked what they were thinking, I'm pretty sure these Airmen would say, "I'm basically finished with this assignment, so there's nothing really to worry about."

They probably considered the completion of their out processing checklist, the shipping of their household goods, and their move out of permanent housing into the TLF as sure signs that their days on the "rock" were over.

Most likely, they had a sense of accomplishment and completion as they received the pats on the back and "thank you's" from squadron members and co-workers.

And, unfortunately, I'm sure their friends, co-workers and even commander felt their direct association and affiliation with these Airmen was over.

However, their assignments and time at Lajes weren't over ... because, "it ain't over 'til it's over."

These individuals still had responsibilities to take care of and challenges to overcome.

Whether it's a lopsided football game or a relationship gone-bad between lovers, "it ain't over 'til it's over."

I'm sure many of us have turned off the TV at halftime of a football game and thought; this game's over, only to watch the Sports Center highlights the following day of the miraculous comeback by the team you considered defeated at halftime.

Maybe you've been the sounding board for someone who is fed up with their significant other and has vowed to never see him/her again, only to bump into the "in love" couple a few days later with no apparent signs that anything was ever wrong. "It ain't over 'til it's over."

Some of the best advice I've ever received came from a motivational speaker and minister,

"We need to strive for and deliver excellence on today's task to ensure we'll even be given a shot at the task awaiting us tomorrow."

Colonel Oliver

Dr. Crawford Loritts. During one of his conference sessions, Doctor Loritts challenged us with these words, "Wherever you are, be all there."

He pointed out that many of us are so focused on living in the future and so driven to move on to our next challenge in life that we often miss or mess up the opportunities facing us now.

Before we complete the task at hand, we begin working on something else.

I believe Doctor Loritts was trying to warn us, "it ain't over, 'til it's over."

In many ways, our transient military lifestyle promotes a forward-thinking perspective that contradicts Doctor Loritts' advice to "be all there."

To ensure a smooth transition to our next assignment, for our families we're often forced to plan ahead and think about the future.

The ultimate goal of a smooth move PCS is to ensure all goes well as we make the potentially stressful relocation to another base and in some cases to another country.

A relatively brief 15- to 24-month assignment here at Lajes makes us all ripe for thinking about our next duty location.

In fact, many Airmen already know where their follow-on assignment will be even before they've set one foot on our base.

To many of them, it might feel like, it's over before it even began.

As my recent experience with members from Team Lajes has taught me (and hopefully them), notification of a reassignment, flight or lodging reservations at an enroute location, or even telephone contact with your sponsor at your next base aren't evidence that your current assignment is over. "It ain't over, 'til it's over."

If we fall victim to placing the here and now into our rear-view mirrors, then we're primed to let our guards down, not focus on the present, and potentially mess something up that requires our immediate attention. "It ain't over, 'til it's over."

So, our challenge today and everyday is to give our all right where we are today. It's okay to think about the future, but we need to live in the present.

We need to strive for and deliver excellence on today's task to ensure we'll even be given a shot at the task awaiting us tomorrow.

Yogi Berra said plenty of silly things, but I believe he was right when he said, "it ain't over, 'til it's over" ... because, it really ain't.

535-4240

actionline@lajes.af.mil

The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution. Your chain of command should always be your first option for praise or problems — but when that's not the answer, call or e-mail the Commander's Line at 535-4240 or actionline@lajes.af.mil.



Col. Robert Winston
Commander, 65th Air Base Wing

Atlantic Crossroads

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Lajes Airmen begin returning from AEF 3-4

**By Staff Sgt.
Marcus McDonald**
65th Air Base Wing
Public Affairs

Lajes Airmen have begun returning to the Azores following deployments to Southwest Asia as part of Aerospace Expeditionary Force 3-4.

Col. Robert Winston, 65th Air Base Wing commander, used the occasion to promote one of the returnees – now Tech. Sgt. Roberto George, 65th ABW – as part of the Stripes for Professional Airmen program during a party at the Top of the Rock Club Jan. 19.

“When we were looking at all the competitive records to determine who is going to be the recipient of a STEP promotion, his name came to the top,” Colonel Winston said. “He’s always looking to help people out. That’s what I’m looking for in a leader; that’s why he got STEP promoted.”

Sergeant George said learning from and emulating those in leadership pays off.

“Regardless of what rank I have, I always try to perform and look up to those folks who have more rank than I do and follow in their footsteps,” he said.

The NCO felt he made an impact during his deployment but said enjoyed being back at Lajes.

“It was great to directly affect the mission of the operations in the hostile fire areas and simultaneously take care of folks at forward operating bases throughout Iraq,” Sergeant George said. “But it’s great to see my Lajes family again.”

Staff Sgt. John Ferren, 65th



Col. Mark Davis, 65th Mission Support Group commander, right, congratulates Tech. Sgt. Roberto George, 65th Air Base Wing, on his STEP promotion during a welcome home party at the Top of the Rock Club Jan. 19. (Photo by Capt. Shilo Weir)

Communications Squadron, reunited with his wife, Ruby, Jan. 19 in Lajes’ commercial airport following a four-month deployment to Southwest Asia.

“It feels great to be back at Lajes,” Sergeant Ferren said. “It’s nice to go to different places, but you are always grateful to return back to the place you call home.”

Ruby Ferren, who’s also the 65th Services Squadron secretary, said it’s great to have her husband back.

“It is a feeling of happiness and joy to have my best friend and the better half of my life back by my side,” she said. “Having a part of my life away for four months was hard but we were supportive of each other through e-mail and phone calls so it made the time go by faster.”

Sergeant Ferren and his

wife thanked everyone who helped make the deployment a little easier for them.

“I appreciate our friends and co-workers who looked out for my wife while I was gone,” the sergeant said.

“It was really nice to know that there was always a family member, friend or co-worker here at Lajes to lift my spirits,” Mrs. Ferren said. “Thank you.”

**Staff Sgt.
John Ferren**
65th CS

Welcome Back Lajes Warriors!

Chaplain (Maj.) Thomas Angelo
Staff Sgt. Christopher Anthony
Senior Airman

Jana Allenwaugh

Staff Sgt. Curtis Blackmon

Staff Sgt. Phillip Butcher

Staff Sgt. Bryan Calaman

Tech. Sgt. John Casterline

Master Sgt. Nelson Castro

Staff Sgt. Louis Cavallaro

Staff Sgt. Derrick Clark-Edghill

Master Sgt. Steven Clark

Tech. Sgt. Tracey Crane

Airman 1st Class Juan Cruz

Staff Sgt. Darrel Daback

Senior Airman Joseph Dickison

Senior Airman Brandon Fenner

Staff Sgt. John Ferren

Tech. Sgt. Roberto George

Senior Airman

Christopher Hale

Tech. Sgt. Alvin Harris

Staff Sgt. Christopher Heaney

Staff Sgt. Charles Klode

Airman 1st Class

Matthew McDonald

Staff Sgt. Kevin Murphy

Senior Airman Shane Noble

Staff Sgt. Mona Lisa Palone

Capt. Oscar Portillo

Airman 1st Class Meritt Potter

Master Sgt. William Rathbun

Airman 1st Class Andrew Riley

Senior Chief Michael Rodrigo

Tech. Sgt. Troy Schott

Tech. Sgt. Alejandro Soto

Airman 1st Class Rafiq Viray

Staff Sgt. Andy Weaver

Senior Airman Marcus Wells

*(Courtesy of the 65th Logistics
Support Squadron)*

65th CS Airman convicted by special courts martial

A Senior Airman assigned to the 65th Communications Squadron was convicted by special court martial Monday of wrongful distribution of marijuana in the hashish form and making a false official statement.



Senior Airman Tanya Saltis pled guilty to the charge of making a false official statement and not guilty to two charges of wrongful distribution.

Military Judge Maj. Adam Oler sentenced Airman Saltis, after a trial by military judge alone, to a reduction in rank to E-1, 100-days confinement to be served at the U.S. Army detention center in Mannheim, Ger-

many, and a bad conduct discharge.

Airman Saltis faced a maximum of one-year confinement, a bad conduct discharge, reduction in rank, a fine, and forfeitures of pay.

The case will be reviewed by the special court-martial convening authority, Col. Robert Winston, 65th Air Base Wing commander, for possible mitigation. *(Staff report)*



COMMUNITY



Hours of operation



❑ **Ocean Front BX:** 10 a.m. to 6 p.m. Monday through Wednesday; 10 a.m. to 8 p.m. Thursday through Saturday; and 10 a.m. to 7 p.m. Sunday

❑ **Flight View BX:** 10 a.m. to 6 p.m. Monday through Wednesday; 10 a.m. to 8 p.m. Thursday through Saturday, 10 a.m. to 5 p.m. Sunday

❑ **Shoppette:** 7:30 a.m. to 11 p.m. weekdays; 9 a.m. to 11 p.m. Saturday; noon to 8 p.m. Sunday

❑ **Military Clothing Sales Store:** 10 a.m. to 6 p.m.

Tuesday through Saturday

❑ **Car Care Center:** 10 a.m. to 5 p.m. Sunday; 10 a.m. to 6 p.m. Monday through Saturday

❑ **Reel Time Theater:** Showings on Thursday, Friday, Saturday and Sunday

❑ **Beauty Shop:** 10 a.m. to 6 p.m. Tuesday through Saturday

❑ **Barber Shop:** 9:30 a.m. to 6 p.m. Tuesday through Friday; 8:30 a.m. to 5 p.m. Saturday

❑ **New Car Sales:** 10 a.m. to 6 p.m. Monday through Wednesday; noon to 8 p.m. Thursday and Friday

❑ **AAFES Administration:** 8 a.m. to 6 p.m. weekdays

❑ **Ilha Rent-a-Car:** 9 a.m. to 6 p.m. Monday through Saturday

❑ **Vescovi Coffee Shop:** 7:30 a.m. to 3:30 p.m. Tuesday through Friday and 9 a.m. to 3 p.m. Saturday

❑ **Burger King:** 7 a.m. to 9 p.m. Monday through

Thursday; 7 a.m. to 11 p.m. Friday and Saturday; 8 a.m. to 9 p.m. Sunday

Holiday hours: The Ocean View BX, Flight View BX and Burger King are closed on Portuguese holidays. The shoppette opens from noon to 8 p.m., and the military clothing sales store opens from noon to 6 p.m. All facilities are open normal hours on U.S. holidays.



❑ **Editor's note:** Hours are subject to change.



At the movies



Today

7 p.m. – Unaccompanied Minors starring Wilmer Valderrama and Dyllan Christopher. A group of unaccompanied minors bond while snowed in at the Midwestern Hoover International Airport during the holiday season. They ultimately create a makeshift holiday themselves. *Rated PG for rude humor and language (89 minutes).*

10 p.m. – Casino Royale starring Daniel Craig and Judi Dench.



James Bond's first 007 mission takes him to Madagascar, where he is to spy on a terrorist Mollaka. Not everything goes as planned and Bond decides to investigate, independently of the MI6 agency, in order to track down the rest of the terrorist cell. *Rated PG-13 for violent action, torture, sexual content and nudity (144 minutes).*

begins to affect his entire life, from his work, to his love-interest, to his death. *Rated PG-13 for disturbing images, sexuality, brief language and nudity (113 minutes).*



Saturday

7 p.m. – Unaccompanied Minors
10 p.m. – Stranger Than Fiction

starring Will Ferrell and Maggie Gyllenhaal. An IRS auditor suddenly finds himself the subject of narration only he can hear: narration that

Sunday

2 p.m. – The Holiday
7 p.m. – Casino Royale

Thursday

7 p.m. – Unaccompanied Minors

❑ **Editor's note:** Call 535-3302 for updated information.

How to ruin a perfectly good day...

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PLANNER

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil.

Around Lajes

Lajes Idol V: Today is the deadline for participants to sign up at the Community Activity Center for this event set for 8 p.m. Feb. 24 in the Top of the Rock Club. For more details, call 535-5216 or e-mail rudolph.wallace@lajes.af.mil.

Oriental buffet: The Top of the Rock Club hosts a large oriental buffet from 5 to 10 p.m. Saturday in the ballroom. Price is \$14.95 for adults, \$6.95 for children ages 5-12. Reservations are highly recommended. Call 535-1122/3202 for more details.

Temporary relocation: Next week, construction crews will be laying carpet in the Airman & Family Readiness Center. The front desk will be temporarily relocated to Family Services in Bldg. T-125. Because of the need to move equipment, computers will be unavailable. Call 535-4135 for more details.

Murder Mystery Dinner: Tickets are now available for the Enlisted Spouses Club's Annual Murder Mystery Dinner set for March 3 in the Top of the Rock Club ballroom. A social kicks off at 6 p.m. followed by the mystery dinner at 7 p.m. Tickets are \$30 but will be discounted to \$25 on Feb. 3 and Feb. 20. For more information, call Rochelle Weaver at 295-549-720.

Free computer classes: The Airman & Family Readiness Center offers four free computer classes in February: Basic Access — 6 to 7:30 p.m. Feb. 8; 10 to 11:30 Feb. 9; Intermediate Access — 6 to 7:30 p.m. Feb. 15; 10 to 11:30 a.m. Feb. 16. Space is limited. Call 535-4138 to sign up or for more details.

Spiritual Fitness

Catholic Worship Services: CCD, 9 a.m. Sundays; Sunday Mass, 10:30 a.m.; Daily Mass, 11:30 a.m. Mondays through Thursdays.

Protestant Worship Services: Evangelical service, 9 a.m. Sundays; Sunday School (through June), 10:30 a.m.; Praise service, noon Sundays.

All events take place at the chapel unless listed otherwise. Call 535-4211 for details.

Education

UMUC academic advisor visit: The University of Maryland University College's academic advisor is taking appointments for his visit to Lajes from 9 a.m. to 4:30 p.m. Feb. 7-9. Stop by the UMUC office in the ACE Center (Bldg. T-146), or call Johnny Bryant at 535-4187 to schedule an appointment.

MOAA scholarship: The Military Officers Association of America officially opened its 2007 Base/Post Scholarship program and is offering individual grants to 25 dependents of active-duty personnel worldwide. For details, visit www.moaa.org and click on "Services", "Educational Assistance" or call Mike Schendel at 535-1125.

University of Oklahoma spring courses: The next on-site course is "Spiritual Dynamics of Alcoholism and Recovery," a three-hour elective for the OU's Master of Human Relations degree program. The course dates are March 6-11. The last day to add/drop this course is Feb. 5. Call Kate Etheredge at 535-3171 for more details.

Central Texas College: Through Feb. 9, CTC will change their days each week to Monday and Wednesday through Friday. Call 535-6722 for more details.

University of Phoenix: The University of Phoenix offers the MBA and several Master of Arts in Education programs to the Lajes community. Classes are six weeks long and students can earn their degree in less than 24 months. There is no thesis or entrance exams required. Call Etleva Davis at 535-1970 for more details.

Lajes Schools

Parent survey: Parent opinions are paramount when it comes to improving the quality of education being provided to the children at Lajes American School. If you did not complete the on-line survey during the Parent Teacher conference, visit <http://www.dodea.edu>, click on "Customer Satisfaction Survey"; select Mediterranean District followed by Lajes ES/HS School. Parents are asked to complete a

separate survey for each enrolled child and are welcome to stop by the school and use one of the computers to complete the survey if they do have access to a computer.

Jobs/Volunteer

AAFES snack bar workers: The base theater is taking applications for snack bar workers. Applications can be picked up at any AAFES facility or in Bldg. T-800. Applications should be turned in to the theater supervisor during regular theater hours or to the human resources representative in Bldg. T-800. Call 295-573-634 for more details.

School bus monitors: Lajes is looking for volunteer school bus monitors. If interested or for more details, call Yolanda Castro, at yolanda.castro@lajes.af.mil or call her at 535-1314.

Insurance agent: GEICO auto insurance is looking for an agent to work near Lajes Field.

Prior insurance is helpful but not required. Contact M. Froehlich at 0049-631-3109583 or e-mail mfroehlich@geico.com for more details.

Miscellaneous

Voting slogan contest: The Federal Voting Assistance Program's 2007 Voting Slogan Contest is underway. To participate, create a simple slogan (or slogans) that expresses the importance of voting or something that may inspire someone to vote, and e-mail to slogan@fvap.ncr.gov. Provide text only and one slogan per e-mail with contact information on each e-mail. Enter "Voting Slogan Contest" on the subject line. Due to security concerns, email messages with attachments are subject to deletion. For more information, visit www.fvap.gov or e-mail Lajes' voting assistance officers, Lt. Col. Sara Dixon at sara.dixon@lajes.af.mil or Capt. Anthony Spratley at anthony.spratley@lajes.af.mil.

Classified Ads

E-mail classified ads to news@lajes.af.mil by 5 p.m. the Thursday prior to the week you need it published. Remember to notify the Crossroads editor when items have been sold.

For sale: 2005 Yamaha V Star Custom Midnight Edition. Low miles. \$5,500 OBO. Call Senior Airman Michael Woods at 295-549-744.

Looking for automatic, 4-door vehicle in great condition. Must have been purchased from Portuguese market and not subject to duty tax. E-mail azoresborn@yahoo.com.

PCSing to Eglin or Hurlburt? House for sale or rent. Two miles west of Hurlburt's main gate. Priced below appraisal. Large lot. Secluded. Sound side Hwy. 98. Enclosed swimming pool and lanai. 2,400 SF. 4 BR/2 BA/2C. Possible lease w/option to buy. Call 535-3914, 967-034-617 (cell), or 295-516-084 (home) if interested.

Lexmark X72 multifunction machine printer, scanner, and copier, \$50; new Duralast semi-metallic rear brake pads, \$15; new Duralast ceramic brake pads, \$35; Whirleybounce rider, \$40; Baby Trend 3 position recline/6 position height adjustment w/ dishwasher safe tray, \$30; umbrella stroller, \$7; Baby Trend stroller which can hold infant carriers, \$35; GE 32-inch TV, \$40. If interested, call Monica at 96-893-6399.

For sale: 1991 Burgundy BMW 520i, 5-speed manual trans, sunroof, excellent condition. Car is tagged until Oct. 2007. Call Carl at (work) 535-1385, (cell) 96-915-6583. Asking \$3,500.

For sale: JVC portable CD, cassette, radio w/ 10 CD changer, double cassette recorder, remote control, detachable speakers, original owners manual. In perfect condition. Please make an offer. Call 295-542-341.

For sale: 1989 Chevrolet full-size conversion van. Automatic, AC, all electric. Great island bomb or large family vehicle. \$1,700 or best offer. Contact Lyle Riley at 535-2465 or 295-579-594 if interested.

For sale: 2003 Honda Element EX. 53,500 miles, champagne exterior with gray and black interior, low emissions vehicle, CD player, MP3 ready, built-in subwoofer, manual transmission, 2.4 Ltr, removable rear seats, sunroof, water-proof interior, suicide doors, rubber front and rear bumpers (ideal for this location), extra head clearance and rear seat leg room, lift gate rear for easy loading and great gas mileage. Great car and sad to get rid of. Call CB or Kim at 295-549-681.

House for rent: 3-bedroom house located on the main road going to Biscoitos (10 minutes from the base by car) in a nice and calm neighborhood. Has two double bedrooms, one children's bedroom, two living rooms, a kitchen, a storage room and a big garden. Furnished. Cable and TV line available. Price negotiable. E-mail q_uaresma@hotmail.com or call 91-876-8415 for more details, house visit or photos.

PCS'ing to MacDill? Brand new 3 bdrm, 2 bath, 2 car garage for rent. Built in 2005 in new community 15-20 minutes from MacDill. Kitchen is fully loaded with new fridge, stove, and dishwasher. Appliances never used. Only lived in a couple days due to PCS. Great view of man-made pond, public pool and many more amenities. Immediate move in available! Call Chris at 295-549-826 or 535-5280.



HAWC gives advice for losing weight in 2007

Consistency is key

One of the most common New Year's resolutions is to lose weight.

Although most people really do try to eat healthier, exercise more, and even lose weight in the process, most eventually slip back into their old habits and ultimately regain the weight previously lost.

This common cycle of events leads up to the golden question: How can one lose weight healthfully and keep the weight off for a lifetime?

"There is no magic pill for weight loss," said Master Sgt. Jose Flores, nutrition program manager, Lajes Health and Wellness Center, "The answer lies in the culmination of a positive lifestyle adjustment."

To lose weight and to keep it off, there are three general rules.

The first rule revolves around adopting good eating behaviors.

It's vital to eat regularly (to include breakfast, lunch, dinner, and even light snacks in between meals), plan your meals each day to avoid the temptation of eating out, eat slowly, and control portion sizes.

A portion size is generally the size of the palm of your hand. As a general standard, each meal should have three to four "portions" of food which will ideally keep your meals between 400-500 calories.

Each snack should be around 100 calories if your goal is to lose weight. Meals should last 20-30 minutes in duration.

If you chew your food 10-20 times per bite, the food becomes more psychologically satisfying and your meal duration is expanded which also helps to control the amount consumed.

Finally, drinking plenty of fluids (specifically water) should not be underestimated.

There are some research studies that have shown heightened metabolism as a byproduct of optimal water consumption.

Capt. Lisa Tauai, chief of the 65th Medical Operations Squadron Health Promotions Element and registered dietitian, claims these tactics along with plenty of physical activity can lead to significant long-term weight loss but must be incorporated into daily living.

The second rule to achieving a desirable body weight for life is physical activity.

According to the American College of Sports Medicine, the biggest risk of exercise



Airman 1st Class David Spivey, 65th Communications Squadron, uses the lateral raise Monday evening in the Chace Fitness Center. Those who have not exercised regularly in the past are encouraged to consult their physician prior to beginning an exercise routine. (Photo by Staff Sgt. Marcus McDonald)

Info

For more details

□ Call the HAWC at 535-3889.

is not starting. However, if you have not exercised regularly in the past, it is important to start slowly and consult your physician before you begin an exercise routine.

According to Healthy People 2010 public health initiative (a joint effort of the U.S. Surgeon General, U.S. Centers for Disease Control and Prevention, and the American College of Sports Medicine), adults should engage in moderate-intensity physical activities for at least 30 minutes on five or more days of the week or in vigorous-intensity physical activities three or more days per week for 20 or more minutes per session.

The U.S. Surgeon General, U.S. Centers for Disease Control and Prevention, and the American College of Sports Medicine all agree that regular physical activity can significantly reduce long-term chronic disease risk.

"Those who are successful at physical activity all have one common denominator — consistency," said Ricky Baptista, Lajes fitness program manager and exercise physiologist. "Sporadic participa-

"Start 2007 off right by choosing to be more active and the results will come. I guarantee it."

Ricky Baptista

Lajes fitness program manager

tion in physical activity will not help you obtain your goals and can increase your risk of injury.

"Realizing that a healthy lifestyle does not include an 'end,' but is itself a journey is one of the most important aspects in making it a part of your life," he continued. "Start 2007 off right by choosing to be more active and the results will come. I guarantee it."

The third rule to achieving a desirable body weight for life is stress reduction, plenty of rest, and consistently altering the variety in your diet and your exercise route to avoid boredom.

Enhanced stress coupled with a lack of rest can make weight loss endeavors difficult to achieve. An adult requires seven to eight hours of sleep each night and a means to alleviate life stressors.

Stress can be reduced through taking care of yourself through a healthy diet, regular physical activity, and plenty of rest.

If your health becomes a priority in your life, significant weight loss and achieving your New Year's resolution will ultimately follow. (Article courtesy of the HAWC)





Halo 2 tournament

Set for 3 p.m. Saturday at the Community Activity Center.

Awards will go to first- and second-place finishers.

XBOX tournaments are held on the third Saturday of every month.

Call Sandra Sousa at 535-5216/4125 for more details.



"Pool Shark" tournament

This Scotch double tournament is 7 p.m. Thursday in the Top of the Rock Club.

The winning team will be qualified for the USAFE tournament Feb. 21-23.

Participants must be 18 years or older and be a DoD ID card holder.

For more information, call Tommy Brooks at 535-6324.

Sports Shorts



Racquetball tournament

Thursday is the entry deadline for RAF Lakenheath's Valentines Racquetball Tournament Feb. 3-4.

For more details, call Tony Batista at 535-1290.

Super Bowl Blowout

This year's TORC Super Bowl Blowout starts at 9 p.m. Feb. 4 in the Top of the Rock Club's Enlisted Lounge.

Prizes will be given out throughout the game with the AFN Commercial Contest taking place at halftime.



A buffet will be available from 8 to 11:30 p.m. with the Bits and Bites menu being served until the game is finished. Cost is \$5 for members and \$15 for non-members.

Call 535-6105 for more details.

Judo lessons

Registration is underway for the Lajes Youth Center's upcoming judo lessons.

Classes will be from 5 to 6 p.m. Mondays and Wednesdays for ages 4-18 and from noon to 1 p.m. Tuesdays and Thursdays for adults; the cost is \$35 per month.

Call 535-3273 for more details.

Tumbling, gymnastics

Registration continues for the Lajes Youth Center's upcoming tumbling and gymnastics lessons.

Classes will be from 5 to 6 p.m. Wednesdays for ages 3-5; the cost is \$25 per month. Classes will be from 5 to 6 p.m. for ages 6-12 and from 6 to 7 p.m. Mondays and Thursdays; the cost is \$35 per month.

Call 535-3273 for more details.

Basketball championships

The 2007 U.S. Air Forces in Europe Large Units Basketball Championships is scheduled for March 4-10 at RAF Lakenheath, United Kingdom.

Call Tony Baptista at 535-1290 for more information.

Volleyball championships

The 3rd Allied Air Component Command Headquarters Ramstein Volleyball Championships are scheduled for March 19-22 at Ramstein Air Base, Germany.

The event is open to all active-duty Air Force personnel permanently assigned to U.S. Air Forces in Europe, or TDY to a USAFE installation for 30 or more consecutive days.

For more details, call Tony Batista at 535-1290.

Ultrabodies VIII

RAF Mildenhall holds this body-building competition at 6 p.m. June 23 at the Galaxy Club.

Entry fee is \$40. Open to ID cardholders ages 18 and up.

Call Calvin Dixon at 535-6126/1290 for more details.

Survival Challenge

The Chace Fitness Center is holding a survival challenge to encourage all of Team Lajes to stay focused on fitness following the holiday season.

Those who sign up in FitLinX between Jan. 1 and March 31 and burn 17,500 calories (equivalent to five pounds of fat) will win a fitness T-shirt.

People also registered in FitLinX are also welcome to participate.

Visit the fitness center in Bldg. T-333 for sign up or registration information.

Armchair Quarterback Challenge

This week's champion is another repeat winner — **Richard Barnett**. He was also the Armchair QB Challenge winner in Week 5. He didn't miss a game.

Tech. Sgt. Natalie Ishmael, 65th Logistics Support Squadron, was this week's "You Don't Know Jack" winner. She missed both games.

"This win goes out to Juanita, Cain and all those who played and lost. Do hate me 'cause you ain't me."

Richard Barnett

Wing Plans/Programs and Antiterrorism/Force Protection



Super Bowl XLI

Feb. 4 in Miami, Fla.



Indianapolis vs. Chicago



Total combined points for Super Bowl XLI

☐ **Editor's note:** Bring picks to the Public Affairs office in room 240 of Bldg. T-100 or e-mail them to news@lajes.af.mil. Submissions must be made before the opening kickoff of Super Bowl XLI Feb. 4. In the case of a tie, a winner will be decided by who picks the closest combined score.



Varsity girls team splits games with Boa Viagem

By Staff Sgt. Marcus McDonald
65th Air Base Wing Public Affairs

Lajes' varsity girls team split a series of basketball games with Angra's Boa Viagem over the past two weeks in the American High School Gym.

On Jan. 18, Boa Viagem came from behind to defeat Lajes 37-34.

"The scoreboard was broken (for us) in the last minute," said Deanne Wagner, Lajes varsity girls coach.

Coach Wagner said the Falcons are evolving into one cohesive unit.

"We have a young and inexperienced team that's willing to work together to improve," she said. "We're playing great defense and are becoming very aggressive on the court."

The game's most valuable players were Alexa McMonagle, who put up 22 points including four 3-pointers, and Larissa Palmer, who added six.

Amy Wagner was the Falcons' leading rebounder and Mercedes Prand displayed "great inside work" as forward/center.

Lajes 34, Boa Viagem 28

On Jan. 11, the Lajes varsity girls bas-

ketball team secured a 34-28 victory over Boa Viagem.

"We got a few fast breaks at the beginning of the game," said Deanne Wagner, Lajes varsity girls coach. "This set the tempo for our girls to continue with a strong defensive strategy."

Alexa McMonagle led the Falcons with 22 points.

"Alexa had several steals that turned into fast breaks and baskets," Coach Wagner said.

"Amy Wagner led the team in rebounding and was also very aggressive on defense," she said. "Point guard Larissa Palmer displayed good ball handling skills in bringing the ball down the court."

Coach Wagner said the game built confidence in each individual and the team as a whole.

"The Portuguese teams are very good and they make us work hard," she said. "Our goal is for everyone to score each game. In this game, six out of seven of our players scored."

The Falcons will visit Germany Feb. 20-23 to compete against other teams in Europe.



Junior Alexa McMonagle, Lajes Falcons, goes for a jump shot during girls high school basketball action in the high school gym Jan. 19. McMonagle led the Falcons with 22 points. (Photo by Staff Sgt. Marcus McDonald)



Lamar Thomas of the Red Team levitates the goal during the Martin Luther King Sports Celebration All-Star Game Jan. 15 in the high school gym. (Photo by Airman 1st Class James Hewell)

Red Team defeats White Team, wins MLK All-Star Game 77-66 Honorary coach sets standard for success

By Staff Sgt. Marcus McDonald
65th Air Base Wing Public Affairs

Two all-star basketball teams comprised of nine base intramural athletes and one high school athlete per team competed in the Martin Luther King Sports Celebration All-Star Game put on by the Lajes' African-American Heritage Committee.

Dressed in his Sunday best, Mark Davis set the standard and led his Red Team All Stars to a 77-68 victory over Team Derrick's White Team All Stars Jan. 15 in the Lajes American High School Gym.

"We had to perform at the highest possible level, simply because our honorary coach Colonel Davis set the standard as he came with his game face on ... I mean his Sunday best ... dressed like coach Pat Riley,"

said Laten Williams, Red Team player/coach. "His appearance demanded absolute victory and nothing else was acceptable."

"Coach Riley, I meant Davis, gave clear directions to each player so that everyone understood their individual roles and the impact of what they do, how it contributed to the entire team," Williams continued. "He gave the 'green light' to our best shooters, Brandon Wengert, Christopher Dooley and Kellen Buss. They delivered and we won."

Tommy Nixon, player/coach for the White Team, said they started off the game flat and never recovered.

"The Red Team came ready to play from the start," Nixon said. "They were a very skilled team that didn't make any mistakes."

Brandon Wengert was voted as the game's most valuable player.